

# VALUES

WHAT ARE THEY, WHY DO THEY EXIST, AND  
HOW DO WE USE THEM?

# WHAT ARE VALUES?

- Rules, Guidelines, Beliefs, Goals, Morals, or Standards for our life.
- They help us to make difficult decisions.

# WHY ARE VALUES IMPORTANT?

- They help us decide-
  - Right from Wrong
  - Good verses Bad
  - Moral verses Immoral
  - Important verses Unimportant

# HOW DO WE DEVELOP VALUES?

- Values come from our environment:
  - Parents, family, friends, peers, teachers, religion, media, personal experiences, and even the government.

# THE DECISION-MAKING MODEL

- Give thought to the problem
- Review your choices
- Evaluate the consequences of each choice
- Assess and choose the best choice
- Think it over afterward

# WHAT ARE THE TROUBLE RULES?

- A set of questions you ASK yourself when making a difficult decision to avoid getting into trouble.
  - Is it against the law?
  - Will someone in authority get mad?
  - Could it cause harm to me or someone else?
  - Is it against my values?
- IF YOU ANSWER YES TO ANY OF THESE, YOU SHOULD SAY NO TO WHATEVER YOU ARE ABOUT TO DO.

# REFUSAL SKILLS

- There are three rules to remember:
  - State your position.
  - Suggest alternatives.
  - Stand your ground.
- Refusal Lines:
  - Blame someone else.
  - Give a reason or excuse.
  - Ignore the request.
  - Say, “No, Thanks” and mean it.
  - Make a joke out of it.
  - Change the subject.
  - Suggest something else.

# SCENARIO

- You are at a party and your friend who drove you continues to drink throughout the night. It is now 1:30 a.m. and you are tired and want to go home. Most of your friends have already left the party. Your friend who has been drinking all night offers you a ride home. You are unsure about his sobriety at this point. He seems really drunk. You can smell the alcohol on his breath and he is slurring his words. You don't have a driver's license. The party is getting wilder and it doesn't seem like you will be able to safely "crash" there. What do you decide to do?